
REPORT

OF THE

Payne Whitney Psychiatric Clinic

1943



THE SOCIETY OF THE NEW YORK HOSPITAL

525 EAST SIXTY-EIGHTH STREET

NEW YORK 21, N. Y.

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ANNUAL REPORT

DEPARTMENT OF PSYCHIATRY

To the Board of Governors of The New York Hospital:

GENTLEMEN:

I have the honor of presenting herewith the report of the Department of Psychiatry in New York for the year ending December 31, 1943.

Any prolonged emergency situation brings to the fore new problems, forcing the medical profession to reconsider established procedures and to seek possible changes in taking care of the sick. The different adjustments which were necessitated in the hospital during the past year will be discussed under the respective divisions of this report. It seems worth while to consider some of the broader aspects of psychiatry. Our interests cannot be confined solely to the study and treatment of patients who are brought to the hospital. Modern medicine includes in its scope of interest both the sick and the well person. Besides investigating illnesses and finding applicable means to prevent and treat them, physicians are eager to know what factors contribute to the maintenance of good health.

With such an aim in view, Dr. Thomas A. C. Rennie and his associates developed an out-patient clinic for the rehabilitation of discharged service men. It was decided most wisely not to limit the scope of this study too much and to include men who had been discharged from service as well as those who were rejected before induction for psychiatric reasons. The Rehabilitation Service was organized for two purposes: to offer a treatment center for these men and to study the processes involved in psychiatric rehabilitation and restoration to civilian life. It is to be hoped that the findings of this study may point the way to the development of other clinics and be valuable in state and federal planning for rehabilitation.

The basic funds for the operation of the Rehabilitation Service, which is located in the Payne Whitney Psychiatric Clinic, were granted by the Commonwealth Fund and provide for the

salaries of a social worker and a secretary. A considerable contribution comes from the budget of the Payne Whitney Psychiatric Clinic. The staff consists of volunteers, comprising ten psychiatrists, five social workers, one psychologist, and two occupational therapists. These are, with but one exception, members of the Payne Whitney staff.

The service is intended primarily for the Kips Bay-Yorkville Health District which is the area surrounding The New York Hospital. In order to gain valid results, it is essential that the patients come from a well-defined area. However, the demands for service have been so great that some patients from other parts of New York have been accepted. Unfortunately, a great number of the patients who apply cannot be admitted, but it has been possible to take care of emergency cases. A liaison relationship has been established with several draft boards, one of the large Army hospitals, and one of the Army Service Commands. Wholehearted help has been received from the many social agencies of New York, particularly those of Yorkville. Since the opening of this service last September, 143 men have been treated and the results have been most encouraging. The time limitation imposes on the psychiatrists the obligation to modify their psychotherapeutic procedures and to try new methods. The aid of the social workers shortens the time spent in obtaining medical histories and background material. Two new methods which have come into use in recent years have been found to be most promising—group therapy and short psychotherapeutic interviews. Both methods permit a considerable increase of the number of patients which an individual psychiatrist can treat. Our goal of rehabilitation is to re-establish the discharged soldier as a self-reliant and employed individual. The program of treatment includes intensive psychotherapy when indicated, finding employment for the patient, and insuring adequate recreational and social outlets for him. Frequently intelligence and aptitude tests are indicated. Relatives may be drawn into the picture and their attitudes and problems clarified by the social workers. All the resources available in the community are utilized.

Yorkville is a typical New York area with a complex social

structure and a population of about 200,000. Psychiatric service to this community is already offered but greater and more detailed knowledge of health should be obtained and the role of the Payne Whitney Psychiatric Clinic assayed as to its place in supplying these needs. The health of the individual is emphasized now but modern medicine is also interested in the group as it affects the health of both the individual and the family. Case study has now grown to community or group study. Mental hygiene of the individual should be closely integrated with the mental hygiene of the community. This fact must be kept in mind in studying the genesis of mental illness and in the treatment of it. All these thoughts are realized fully in the work of the Rehabilitation Service.

Psychiatrists are interested in the whole field of rehabilitation rather than merely in that of psychiatrically disabled individuals. The present emergency causes us to focus on casualties from the armed forces. In the not too distant future, we will be confronted with the problem of the rehabilitation of demobilized men. The problems of the unemployed and unemployable, of youth and old age will always be present in a community. The physician is the adviser of the individual and the family. The psychiatrist is the physician who is especially trained in evaluating the individual's personality as well as interpersonal relationships. He is interested in studying the need for work and recreation and their influence on a person's well-being. An understanding of the individual's as well as general living conditions in a community is of utmost importance.

In the treatment of in-patients and ambulatory patients, the members of our staff consider all these points. Their accumulated experience over the last ten years has been most valuable and has helped in furthering psychiatric knowledge and treatment. However, even a large number of individual cases will not give the true picture of a community which should be studied as a highly integrated unit. A psychiatric hospital should include among its functions the study and treatment of the whole community as well as of individuals. It seems to me essential that this point of view be considered in the future development of the Payne Whitney Psychiatric Clinic.

The recognized psychiatric service of this hospital to the Kips Bay-Yorkville District is narrowed greatly by a limited staff and financial restrictions. The ideal development should include a large enough staff to offer a broader service which would include aid to those in need of it and promote studies of the conditions which affect health. Mental hygiene, which is the term used to designate the hygiene of the personality, is as important as physical hygiene and inseparable from it. Its concern is not the study and treatment of minor personality disorders, but that of promoting health; i.e., making it possible for a person to be an active individual who can gain satisfaction from life, knowing how to balance work and recreation, and taking care of his physical needs.

The graduate training program of the Payne Whitney Psychiatric Clinic has anticipated the need for training in the field of mental hygiene. The Department of Public Health and Preventive Medicine of Cornell University Medical College has shown great interest in many aspects pertaining to mental hygiene. It is therefore justifiable to believe that the Department of Psychiatry has an unusual opportunity to develop a program of mental hygiene and community service in close cooperation with other departments of The New York Hospital and Cornell University Medical College.

The future development of the Payne Whitney Psychiatric Clinic and of the Department of Psychiatry is only possible with an increase of the endowment funds. The integration of psychiatry with general medical practise and the life of the community has given rise to new obligations which must be met.

1. IN-PATIENT SERVICE

The Payne Whitney Psychiatric Clinic operated under great difficulties because of the war-time situation. The nursing staff was seriously curtailed by resignations, many of our nurses leaving to enter the services. It was not possible to find sufficient replacements. The medical staff was also smaller than usual because of the curtailment imposed by the Office of Procurement and Assignment. In spite of these serious handicaps, it was possible to carry out the same quality of service because those

who remained were willing to carry a far heavier responsibility. This applies particularly to the nursing staff, many of whom have worked overtime in order to make up the deficit of nurses. We were anxious not to close any divisions of the in-patient department, knowing that the demand for psychiatric hospitalization is even greater today than in peace time. The demand for admissions was larger than in previous years. It was not possible to accept 132 patients either because of lack of facilities at the moment or because they were unsuitable cases.

A total number of 278 patients was treated during the year. The daily average was 71 patients. There were 203 new patients admitted and 201 discharged. The total patient days for 1943 (25,994) varied little from the previous year. The largest group of patients came from New York City (98); 29 came from other parts of New York State and 76 from other states. Nine patients were transferred from other in-patient services of The New York Hospital.

The majority of the patients (158) were of the younger or middle-age group, 16 were over 60 years of age, and 29 were adolescents. The response to treatment was good. Three-quarters of the patients left the hospital recovered or improved. Of the 52 who left for other hospitals, 18 went to the Westchester Division of The New York Hospital. Seven patients were transferred to the medical and surgical departments of The New York Hospital.

This year of war brought no real change in the types of disturbances admitted for treatment. As in the previous year, a large number of psychoneurotic patients was accepted (42). Again the group of psychopathic personalities was low (9). This number is half what it was last year, and only one-fourth what it was the preceding year. Twelve alcoholic patients were acceptable for treatment.

The demands for physical studies were great, far exceeding those of the previous year, and a considerable number of the patients had serious physical illnesses. The medical consultant examined 152 cases. Other consultants were drawn upon heavily; 177 nose and throat examinations, 159 eye examinations, and 53 gynecological examinations were performed and

numerous additional treatments carried out. In addition, there were 72 surgical consultations. The Dental Department examined 154 new patients, many of whom required dental treatment. The demands on our laboratory service have remained heavy. The need for electroencephalographic examinations has increased considerably during recent years and it became necessary to appoint a full-time technician.

Recognizing that returning soldiers were likely to constitute an increasing demand upon community psychiatric resources, we changed one floor from a women's convalescent floor to an additional floor for male patients. During the past year, 11 men whose illnesses had been precipitated by war service were treated. Because of the shortage of nursing personnel, it has occasionally been necessary to refuse admission to highly disturbed patients. For the same reason, the physicians were at times forced to prevent the admission of patients in too rapid succession. These restrictions have resulted in a lower number of admissions.

The Occupational Therapy Department, retaining its full staff of five workers, has added new features. These changes are a sign of continued growth. Classes in water color and oil painting were added and soon became very popular. A railroad project which was started in 1942 has been continued throughout the year with varying rates of progress depending upon the degree of interest shown by the patients. During the spring and summer the patients were interested in planting both flower and vegetable seeds in boxes which were put on the roof garden. A number of small toys were made to be distributed as Christmas gifts in the children's clinic.

Physical and recreational activities under the direction of three instructors have been increased with the inclusion of group singing, evening badminton matches, and lectures.

The Dietary Department has succeeded in offering food of the same high standard as in peace time. Increased knowledge of nutrition has made it possible to omit some of the special diets. In obese patients the emphasis has shifted definitely away from "reducing" diets to a psychotherapeutic management of over-

eating; i.e., helping the patient to understand what makes him eat more than his body needs.

Housekeeping has offered many obstacles. Patients and relatives were always most tolerant about any inconveniences which could not be prevented.

The care and treatment of the patients have remained on the same high level. Valuable contributions to treatment have resulted from the application of our research of recent years. The sedative effect of insulin on certain types of excitement is used widely. New psychological testing methods permit the selection of suitable occupation in patients with marked thinking disorders. The biochemical determination of anxiety through blood tests helps greatly in psychotherapy and general treatment.

MOVEMENT OF POPULATION SINCE OPENING OF CLINIC

<i>Year</i>	<i>Admissions</i>	<i>Treated During Year</i>	<i>Discharges</i>	<i>Died</i>	<i>Patient Days</i>
1932.....	67	67	27	1
1933.....	188	230	166	1	19,151
1934.....	184	248	185	3	22,436
1935.....	235	298	228	6	22,137
1936.....	283	353	277	6	22,708
1937.....	266	342	284	2	23,026
1938.....	267	325	249	3	23,738
1939.....	216	292	213	3	25,575
1940.....	267	346	268	4	24,912
1941.....	264	342	272	1	24,509
1942.....	226	296	221	1	26,598
1943.....	203	278	201	1	25,994

2. OUT-PATIENT SERVICE

The out-patient service has suffered greatly from depletion of the medical staff. The decrease in the admission of new patients has not been marked because social workers have been employed even more than last year in the adjustment of patients. Long-term intensive psychotherapy has been curtailed and much thought has been given to the judicious use of shorter interviews. The greatly decreased psychiatric service to the general hospital

out-patient departments has resulted in the less successful screening of patients referred for psychiatric treatment. In order to take care of all these patients, it was necessary to limit considerably the number of adult patients who were referred by private practitioners and social agencies. This highly undesirable policy is to be considered transitory and every effort will be made to correct it when a sufficient medical staff is again available. In the Pediatric Out-Patient Department a decrease in psychiatric service resulted from the curtailment of the staff as well as the appointment of only one instead of several Commonwealth fellows.

The statistical data illustrate these remarks. Psychiatric treatment was given to 1,178 patients in 5,338 visits in the Psychiatric and other out-patient departments of The New York Hospital. This group consisted of 650 adult patients and 290 children treated in the Payne Whitney Out-Patient Department, 114 adult patients in the Medical Out-Patient Department, and 124 children in the Pediatric Out-Patient Department. Of the 940 patients treated in the Payne Whitney Out-Patient Department, 549 were new admissions, 193 adults and 98 children having been carried in treatment from the previous year. The largest number of new patients treated in the Payne Whitney Out-Patient Department was referred from the general hospital (407 patients or 74 per cent); physicians in private practice sent 65 patients or 12 per cent of the total; medical organizations, social agencies, schools, and friends referred 77 patients or 14 per cent. The Pediatric Out-Patient Department sent 160 patients or 83 per cent of the new admissions for children and the Medical and Surgical Out-Patient Departments referred 247 adults, a figure which represents 69 per cent of the new adult admissions.

Dr. Henry and his aide held 1,029 interviews with patients who showed evidence of sexual maladjustment and were referred to him by the Selective Service System.

3. SOCIAL SERVICE DEPARTMENT

The social workers were employed extensively in the ambulatory treatment of adult patients. This past year every member

of the social service staff worked with adults whereas previously some devoted their full time to children. This trend away from absolute specialization is desirable. A social worker who devotes her main effort to children needs to understand all the members of a family and this understanding can grow only by working actively with a select group of adults of varying age. This policy has proved to be sound for the training of child psychiatrists and should be applied to all the professional workers who wish to understand and help children.

Considerable time and effort were spent in offering advice to individuals and charity organizations who needed the help of psychiatrists or sought inexpensive hospitalization. It is essential that the Social Service Department serve as an information center for the community, especially at a time when there is a marked shortage of psychiatrists and available psychiatric hospital facilities.

The 781 patients who received aid included 487 adults and 294 children in the Payne Whitney Out-Patient Department and 44 adults and 6 young adolescents in the In-Patient Department. Arrangements were made to have teachers from the Board of Education give instruction to those adolescents who needed prolonged hospital treatment. Vocational and educational advice and guidance for obtaining suitable volunteer work as well as regular employment were given to in-patients. It was frequently difficult to find cultured homes for patients who had no families. Seventy-five per cent of all the adult out-patients and 71 per cent of all the children were referred to the social workers. The work necessitated 3,542 interviews. This number includes 547 interviews with patients, 780 with relatives, 45 conferences with agencies and 1,251 with physicians. Three hundred sixty-two agencies were used in 2,529 contacts and 154 visits were paid to patients in their homes or to outside agencies. The aid to in-patients necessitated 155 interviews with patients and psychiatrists. Financial help permitted the sending of 30 children to camp during the summer months.

4. PSYCHIATRIC SERVICE TO THE GENERAL HOSPITAL

It was possible to continue to assign a full-time psychiatrist to the general hospital and a full-time psychiatrically trained pediatrician to the pediatric service. The general policy has remained unchanged; i.e., the consultants act as advisers to the resident staff, checking their diagnostic evaluations, and supervising the treatment of personality difficulties. They give treatment themselves only if the task proves to be too difficult for the non-psychiatrically trained physician.

In 911 visits, 400 patients were studied. This total includes 511 revisits which were spent in treatment. There was a slight decrease in requests for consultations in all the clinical services. This decrease may be explained by the shortened training periods which do not permit the members of the resident staff to become sufficiently acquainted with the indications for psychiatric help. In the medical pavilions, 199 patients were seen in 439 visits. In the Departments of Surgery and Obstetrics and Gynecology, 113 patients required 200 visits. In the Department of Pediatrics, 74 children were studied and treated in 238 visits. The psychologist administered 67 psychometric tests to 57 of these children.

5. EDUCATIONAL AND INVESTIGATIVE ACTIVITIES

Education The undergraduate teaching of Cornell University Medical College was continued during the entire year in conformity with the accelerated teaching program. Our gratitude is due the Heads of the Clinical Departments and Dr. John H. Travis, Superintendent of the Manhattan State Hospital, where the second year teaching was given.

Graduate training for the resident staff was continued without any essential modifications. Dr. Mary M. I. Daly, who received a Commonwealth fellowship for training as pediatrician in child psychiatry, resigned after two months. Dr. Elizabeth Rockwell finished her Commonwealth fellowship in child psychiatry at the end of the year.

The undergraduate teaching of nurses continued without change in the lecture courses. Greater emphasis was laid on practical experience with in-patients and seminar discussions.

Psychopathology Clinical observation has indicated that anxiety and resentment affect learning and retention adversely. It has been possible to support this observation by experimental investigations. Additional experiments have been developed to study the role of emotions on various thinking processes. The results have been most encouraging and it seems likely that they might offer an explanation for some of the little-known thinking disorders in manic excitements. Combined studies are carried out with the Department of Pharmacology to determine to what extent specific emotions might influence the electrocardiogram. Investigations on the therapeutic effectiveness of small amounts of insulin on anxiety have been carried out to the point at which definite conclusions can be drawn. This treatment has been used successfully during the year on many excited patients who became calm and cooperative when it was possible to alleviate the disturbing influence of strong anxiety and fear.

Psychology Active research work in this field became limited when Dr. Marshall R. Jones left for the Navy. New investigations have been started by means of the Rorschach Test.

In the Nursery School the children's reactions to the war situation were studied and the results compared with those obtained abroad. The interest in speech disorders due to emotional factors in normal children led to participation in a study of 50 children in public schools.

Internal Medical Laboratory Division Combined physiological and psychiatric studies were continued by Dr. Ade T. Milhorat and members of the psychiatric staff. In order to pursue further the attempt to gain an understanding of the influence of emotions on physiologic functions, substances in the blood of patients have been tested by the effect of the blood on the intestines of the rabbit. Definite emotions which seem to be present in young women who suffer from psychogenic amenorrhea have been singled out. The work on heat production and elimination in patients with

excessive muscular activity of psychogenic origin has been continued. Biochemical studies during partial starvation and studies of the effect of chemical and physical agents in various muscular disorders are progressing well. Among the large number of psychiatric patients with poor appetites, there are always a few who are brought to us in a state of undernourishment. Valuable knowledge of food requirement can be obtained while progressing with the treatment of these patients. The findings obtained from these studies are of value in determining the minimal dietary requirements in situations of inaccessibility of adequate food.

*Neurological
Laboratory
Division*

Clinical and experimental studies in the fields of neurology and psychobiology were carried out under the direction of Dr. Harold G. Wolff. Continuing the investigations of the past few years, we directed attention to the relationship of various affective states to arterial hypertension. Studies of the digestive function and emotions were pursued further with moving pictures supplementing biochemical data. The effect of analgesics was further investigated. A screening method, designated the Cornell Selectee Index, was devised for quick testing of selectees for the armed forces. The method has proved valuable in determining whether among the sick in medical and surgical pavilions emotions might become so disturbing that they affect the duration of illness or prevent full return to military effectiveness. Biochemical studies of the role which various enzymes as well as sexual and other hormones play in myasthenia gravis were continued. Studies of the function of the nose and upper respiratory air passages in relation to various life situations and related emotional reactions are now being actively pursued.

Library

During the year 113 volumes and 77 bound periodicals have been added and the library now consists of 2,252 single volumes and 1,879 bound periodicals. We were most fortunate in obtaining several valuable books for the historical collection.

*Addresses and
Publications*

In addition to participating actively in many scientific meetings, several members of the staff gave addresses before a great variety of educational groups. Space will not permit listing them all here.

A clinical symposium on the psychopathology of anxiety was presented by Drs. Thomas A. C. Rennie, Fred V. Rockwell, and Saul M. Small at the April meeting of the New York Society for Clinical Psychiatry held at the Payne Whitney Psychiatric Clinic. Papers were read by Dr. J. Louise Despert before the New York Society for Child Psychiatry and the Society for the Advancement of Psychotherapy; by Dr. Phyllis Greenacre before the Vermont State Mental Hygiene Conference and the American Orthopsychiatric Association; by Dr. Milton J. E. Senn before the American Public Health Association and the American Society for Research in Psychosomatic Problems; and by Dr. Harold G. Wolff before the American Neurological Association and the Chicago Neurological Association. Drs. Edwin J. Doty, Ade T. Milhorat, Saul M. Small, and Harold G. Wolff presented papers on different occasions before the New York Academy of Medicine. Dr. Harold G. Wolff delivered the Harvey Lecture.

A list of the publications from the Department may be found at the end of this report.

*Changes in the
Medical Staff*

Drs. Marshall R. Jones and Joseph D. Teicher left the staff to join the United States Navy and Dr. Kent A. Zimmerman entered the United States Public Health Service. Dr. Roberta Crutcher accepted the position of psychiatrist at the Babies' and Children's Hospital at Los Angeles, California. Dr. Robert G. Hinckley returned to the University of Minnesota. Dr. Saul M. Small was appointed psychiatrist to the National Hospital for Speech Disorders in New York.

The Commonwealth Fund again offered two one-year fellowships to psychiatrists and one two-year fellowship to a pediatrician for training in child psychiatry. The John and Mary R. Markle Foundation and The Nutrition Foundation, Inc. continued to support research work. The Commonwealth Fund

and the National Research Council allocated funds for the support of the Rehabilitation Service.

To the members of the medical and nursing staffs and personnel I should like to express appreciation for their cooperation in assuming extra duties and adjusting to many necessary changes. They have made it possible to carry on the full activities of the Payne Whitney Psychiatric Clinic. The administrative officers of The New York Hospital have again been helpful in many problems. During the year a committee on interior decorating was appointed. This committee consisted of Mrs. Baldwin Maull, Mrs. Charles Shipman Payson, and Mrs. John Hay Whitney, who have given of their time most willingly.

I wish also to express my indebtedness to the members of the Payne Whitney Psychiatric Committee for their continued advice and assistance.

Respectfully submitted,

OSKAR DIETHELM, M.D.

Psychiatrist-in-Chief

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- DESPERT, J. LOUISE. Protocol of an Individual Play Session. *Journal of Nervous and Mental Disease*, 1943, 98, 133-147.
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- DESPERT, J. LOUISE. Stuttering: a Clinical Study. *American Journal of Orthopsychiatry*, 1943, 13, 517-524.
- DESPERT, J. LOUISE. A Therapeutic Approach to the Problem of Stuttering in Children. *Nervous Child*, 1943, 2, 134-147.
- DIETHELM, OSKAR and ROCKWELL, FRED V. Psychopathology of Aging. *American Journal of Psychiatry*, 1943, 99, 553-556.
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- HUSCHKA, MABEL. A Study of Training in Voluntary Control of Urination in a Group of Problem Children. *Psychosomatic Medicine*, 1943, 5, 254-265.
- HUSCHKA, MABEL and MCKNIGHT, WILLIAM. Psychiatric Observations in a Well-Baby Clinic. *Psychosomatic Medicine*, 1943, 5, 42-50.
- JONES, MARSHALL R. The Effect of Hypothermia on Retention. *Journal of Comparative Psychology*, 1943, 35, 311-316.
- JONES, MARSHALL R. The Effect of Phenobarbital on Food and Water Intake, Activity Level, and Weight Gain in the White Rat. *Journal of Comparative Psychology*, 1943, 35, 1-10.
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